



HEALTH CARE & BENEFITS DIVISION

PO Box 200130 • Helena, MT 59620
www.benefits.mt.gov • 800-287-8266
benefitsquestions@mt.gov

**Please schedule your
appointment now!**

Get Started on Your Live Life Well Incentive!

2020 State-sponsored Health Screening Schedule Inside

- ♦ Complete your State-sponsored health screening as soon as possible at a Montana Health Center in Anaconda, Billings, Butte, Helena, or Missoula **OR** at any of the off-site screening events listed in this flyer.
- ♦ You are eligible for one State-sponsored health screening each plan year—please do not make multiple appointments.
- ♦ Your health screening includes a CBC, CMP and lipid panel. If you bring doctors orders/ prescription with you, you may add some other tests—see page 3.

Appointments are Required:

1. Log in at www.carehere.com or call (855) 200-6822. First time registration code - MANA9.
2. Click on “Make Appointment” and then “Nurse & Labs.”
3. Select the date you would like to schedule your screening.
4. For off-site screenings, in the “Where” dropdown, click on “Off-Site Health Screenings.”
5. Click on the time that works for you and then “Confirm Appointment.”

State of Montana Non-Discrimination Notice - The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063). ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).

2020 Off-site State-sponsored Health Screening Schedule

Please schedule your appointment now to ensure you get your preferred date and to allow screening staff sufficient time to prepare for your appointment.

Date	Time	City	Event Location	Room
2/4/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
2/5/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
2/6/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
2/19/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
2/20/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
2/21/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
3/3/20	6:00-11:00 AM	SHELBY	MARIAS RIVER CO-OP	N/A
3/4/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
3/5/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
3/17/20	6:00-11:00 AM	GLENDIVE	MDT DISTRICT 4—503 River Ave.	UPSTAIRS MEETING ROOM
3/18/20	6:00-11:00 AM	GLENDIVE	MDT DISTRICT 4—503 River Ave.	UPSTAIRS MEETING ROOM
3/19/20	6:00-11:00 AM	MILES CITY	MILES CITY HOTEL AND SUITES	BANQUET ROOM
3/20/20	6:00-11:00 AM	MILES CITY	MILES CITY HOTEL AND SUITES	BANQUET ROOM
3/31/20	6:00-11:00 AM	DILLON	SEARCH AND RESCUE BUILDING	N/A
4/1/20	6:00-11:00 AM	WARM SPRINGS	MSH	PROGRAM SUPPORT BLDG A&B
4/14/20	6:00-11:00 AM	LIBBY	LIBBY CITY HALL	PONDEROSA ROOM
4/15/20	6:00-11:00 AM	COLUMBIA FALLS*	VA Chapel	N/A
4/16/20	6:00-11:00 AM	POLSON	POLSON MASONIC LODGE	N/A
4/28/20	6:00-11:00 AM	LEWISTOWN	YOGO INN	JUDITH MOCCASIN
4/29/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
4/30/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
5/1/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
5/12/20	6:00-11:00 AM	GLASGOW	COTTONWOOD INN	BANQUET ROOM
5/13/20	6:30-10:30 AM	WOLF POINT	ROOSEVELT COUNTY HEALTH DEPT	CONFERENCE ROOM
5/14/20	6:00-11:00 AM	HAVRE	BEST WESTERN GREAT NORTHERN	EMPIRE BUILDER
5/15/20	6:00-11:00 AM	HAVRE	BEST WESTERN GREAT NORTHERN	EMPIRE BUILDER
5/27/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
5/28/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
6/9/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
6/10/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
6/11/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
6/23/20	6:00-11:00 AM	SHELBY	MARIAS RIVER ELECTRIC CO-OP	N/A
6/24/20	6:00-11:00 AM	HAVRE	BEST WESTERN GREAT NORTHERN	EMPIRE BUILDER
7/8/20	6:00-11:00 AM	GLENDIVE	MDT DISTRICT 4—503 River Ave.	UPSTAIRS MEETING ROOM
7/9/20	6:00-10:00 AM	SIDNEY	USDA	ARS MEETING ROOM
7/10/20	6:00-11:00 AM	GLASGOW	COTTONWOOD INN	BANQUET ROOM
7/21/20	6:00-11:00 AM	DILLON	SEARCH AND RESCUE BUILDING	N/A
7/22/20	6:00-11:00 AM	MSP DEER LODGE	MONTANA STATE PRISON	WALLACE BUILDING LARGE CLASSRM
8/4/20	6:00-11:00 AM	HAMILTON	BITTERROOT RIVER INN	MONTANA ROOM
8/5/20	6:00-11:00 AM	HAMILTON	BITTERROOT RIVER INN	MONTANA ROOM

*Only the basic State-sponsored health screening, including CBC, CMP, and lipid panel, is available at Columbia Falls. NO additional tests may be added, and only those with an appointment will be able to be screened.

Continued on next page —>

2020 Off-site State-sponsored Health Screening Schedule—Continued

Please schedule your appointment now!

8/18/20	6:00-11:00 AM	LEWISTOWN	YOGO INN	JUDITH MOCCASIN
8/19/20	6:00-11:00 AM	LEWISTOWN	YOGO INN	JUDITH MOCCASIN
8/20/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
8/21/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
9/1/20	6:00-11:00 AM	MILES CITY	MILES CITY HOTEL AND SUITES	BANQUET ROOM
9/2/20	6:00-11:00 AM	MILES CITY	MILES CITY HOTEL AND SUITES	BANQUET ROOM
9/3/20	6:00-11:00 AM	MILES CITY	MILES CITY HOTEL AND SUITES	BANQUET ROOM
9/15/20	6:00-11:00 AM	LIVINGSTON	YELLOWSTONE PIONEER LODGE	YELLOWSTONE CONFERENCE ROOM
9/16/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
9/17/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
9/18/20	6:00-11:00 AM	BOZEMAN	C'MON INN	GALLATIN MEETING ROOM
9/29/20	6:00-11:00 AM	POLSON	POLSON MASONIC LODGE	N/A
9/30/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
10/1/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
10/2/20	6:00-11:00 AM	COLUMBIA FALLS*	VA Chapel	N/A
10/6/20	6:00-11:00 AM	LIBBY	LIBBY CITY HALL	PONDEROSA ROOM
10/7/20	6:00-11:00 AM	KALISPELL	HAMPTON INN	NORTHFORK ROOM
10/13/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
10/14/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM
10/15/20	6:00-11:00 AM	GREAT FALLS	HOLIDAY INN EXPRESS	MEETING ROOM

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A CBC, CMP, lipid panel, height, weight and blood pressure measurement are included at all State-sponsored health screenings.

If you need to add the following tests to your screening, you must bring doctor's orders or a prescription to your screening.

- HbA1c
- PSA
- TSH

NO other additional tests can be added at the off-site screenings. **At the Montana Health Centers ONLY** - additional lab tests can be added if you bring a prescription with you to your screening.

Please:

- Don't eat or drink any food or beverages other than water, plain tea, or black coffee for 12 hours prior to your screening.
- Drink plenty of water in the 24 hours prior to your screening.
- Take prescription medications as directed by your doctor.
- Wear clothing with loose fitting sleeves to the screening.
- If you have diabetes or are pregnant, schedule your appointment earlier in the morning.
- If you cannot attend your scheduled appointment for any reason, please be courteous and cancel your appointment as soon as you know you won't be able to make it. Please do not schedule multiple appointments.

To schedule a State-sponsored Health Screening go to www.carehere.com (see directions, front cover); call (855) 200-6822; e-mail help.montana@carehere.com; or use the CareHere app.





2020 INCENTIVE

Earn \$30 per month off your 2021 benefit contribution! Get 2X the incentive if a covered spouse/domestic partner also participates.



You must complete ALL THREE ACTIVITIES between November 1, 2019 and October 31, 2020 to earn ANY incentive. Focus on a Next Step Activity that addresses your risk factors.

NOTICE

ACTIVITIES CHECKLIST



HEALTH SCREENING

Have a State-sponsored health screening. Appointments are subject to availability. Make an appointment at www.carehere.com or call (855) 200-6822.



NICOTINE FREE

Self-report if you are nicotine free or have completed an eligible alternative at www.myactivehealth.com/som. If you use nicotine and need an alternative to complete this portion of the incentive, you must self-report that you have completed one of two alternatives:

- A nicotine cessation program; or
- A nicotine education session with your primary care provider.



NEXT STEP ACTIVITY

Self-report if you have completed an eligible activity at www.myactivehealth.com/som by October 31, 2020. See next page for activities. Choose an activity that addresses your risk factors.



HAVE ALL THREE CHECKED?

To make sure you've earned \$30 off per month, check your status at www.myactivehealth.com/som.



CHECK YOUR INCENTIVE STATUS

www.myactivehealth.com/som

Click the "My Rewards" tab. Health screenings take a month to appear after you've completed your screening.

Self-report Next Step Activities and Nicotine Free status or alternatives any time. Call (855) 206-1302 for help with the MyActiveHealth site.

For more information about Live Life Well Incentives or for instructions for self-reporting visit www.benefits.mt.gov/incentive.



HEALTH CARE &
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TTY (406) 444-1421
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The State Plan offers the incentive program to all plan members and their enrolled spouse/domestic partner. If you think you may be unable to meet a standard of the incentive program, you may qualify for an alternative program or different means to earn the incentive. You must contact the Health Care & Benefits Division (HCBD) as soon as possible at (800) 287-8266, TTY (406) 444-1421, or email benefitsquestions@mt.gov. We will work with you (and if you wish, your doctor) to design a program with the same incentive that is right for you.

We will maintain the privacy of your personally identifiable health information. Medical information that personally identifies you and that is provided through the incentive program will not be used to make decisions regarding your employment. Your health information shall only be disclosed to carry out specific activities related to the incentive program (such as responding to your request for a reasonable accommodation). You will not be asked or required to waive the confidentiality of your health information to participate or to receive an incentive. Anyone who receives your information for purposes of providing you services through the incentive program will abide by the same confidentiality requirements. We securely maintain all electronically stored medical information we obtain through the incentive program, and will take appropriate precautions to avoid a data breach. If a data breach does occur involving information you provided to us for the incentive program, we will notify you immediately. A copy of the Plan's privacy notice is available on the HCBD website or by going to <http://benefits.mt.gov/Portals/59/Documents/hipaa%20notice.pdf>.